



Santa Clara Senior Center NEWS

April 2012

Get Up, Get Out, Get Moving!

Start achieving your goal of living a healthier lifestyle. The Santa Clara Senior Center offers a variety of fun fitness classes for everyone, age 50+. See what we've got going on and join us. Registration for these classes has started. Space may be limited. If you would like more information, please contact the Senior Center at (408) 615-3170.

Jazz Dance

Tuesdays • 1:00–2:00 p.m.

Come and dance your way to a healthier you! This class focuses on improving physical health and wellness through movement. Strengthen your balance, flexibility, memorization and gross motor coordination while enjoying upbeat music. Participants will learn simple dance technique, steps, combinations and routines in a fun and supportive atmosphere. Some exercises may include the use of chairs for props while sitting and / or standing. All abilities are welcome. **Instructor – S. Van Dyne**

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **Stretch, Observe & Strengthen** your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. **Instructor – S. Van Dyne**

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. **Instructor – A. Strauss**

Jazzercise with Jerome!

Monday and Wednesday • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor – J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold® with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! **Instructor – G. Wilson**

Fitness for All

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. **Instructor – S. Van Dyne**

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. **Instructor - L. Scheer**

Santa Clara Parks and Recreation Department

1303 Fremont St., Santa Clara, CA 95050

(408) 615-3170 • www.santaclaraca.gov • custservsrcenter@santaclaraca.gov

Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM

(The office closes 30 minutes prior to the building)

Santa Clara



2001

SERVICES FOR SENIORS AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

	Provider	Phone/Website
Bus and lightrail passes Monthly bus and light rail pass stickers for Regional Transit Discount Card.	Valley Transportation Authority	321-2300 www.vta.org
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Call one day ahead for reservations, \$2.50 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

Did You Know?

Do you own a home in the City of Santa Clara? Have you been putting off home repairs because you don't have the resources and don't know who to call?

The Neighborhood Conservation and Improvement Program (NCIP) offered through the City of Santa Clara's Housing and Community Services Division provides assistance for home repairs such as roofing, plumbing, heating/cooling, electrical, termite damage, handicapped access, foundation, and weatherization. For more information and to see if you are eligible for this program call 408/615-2490 or email CommunityService@santaclaraca.gov.

More Job Hunting Help

Wednesday, April 25, 2012 - 1:00-2:00 pm
Senior Center Computer Lab, Room 231

Power up your job search using the Library's electronic resources for jobseekers including: *Career Transitions*, *Brainfuse*, *Learning Express Library*, and *Reference USA*. . A library card is required for this class. This class is free to seniors ages 50+. Register at the Senior Center front desk.

Subscribe to the City of Santa Clara "Open City Hall."

Open City Hall is an on-line forum for civic engagement. Read what others are saying about important Santa Clara topics, and then post your own statement. City officials will read the statements and incorporate them into their decision process. When you post your first statement, you will be asked for your name and home address. This confidential information is only used to identify statements from residents in and near Santa Clara - so that users know which statements are from local residents.

Open City Hall is run by *Peak Democracy*, a non-partisan company whose mission is to broaden civic engagement and build public trust in government. They will keep your information confidential per their strict privacy agreement. As with any public comment process, participation in Open City Hall is voluntary; city officials will consider input from this forum along with all other channels for participation. However you choose to participate, thanks for helping us build a better Santa Clara.

For more information and to subscribe, go to the City of Santa Clara main web page and click on "Open City Hall."

Free Tax Service

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Thursday, February 2, through Tuesday, April 17, 8:30-4:00, to help you with your Year 2011 Federal and State Income Tax Returns.

Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income.

Bring the following with you when you come for your appointment:

1. Valid photo identification and taxpayer identification number(s) (Social Security Number).
2. Birth dates of all individuals who appear on the return.
3. Bank routing numbers and an account number for direct deposit.
4. Copies of your Tax Returns and supporting documents you filed for Year 2010.
5. Your W-2 Forms from each employer for Year 2011.
6. Your 1099 G Forms for unemployment.
7. Your SA-1099 Forms for Social Security received in Year 2011.
8. All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2011.
9. Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2011. Form 1099-B.
10. Your record of withholding and Estimated Tax payments for Year 2011. (Forms 1040-ES and 540 ESS).
11. Name and address of landlord to receive State Renter's credit.
12. If you plan to Itemize Deductions, please bring a consolidated list of your Year 2011 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Center office at 408-615-3170 to make an appointment. Appointments are required.

HEALTH & WELLNESS, CARE MANAGEMENT

April is Alcohol Awareness Month

Millions of Americans and their families are living lives in long-term recovery from alcoholism. Although alcohol and substance abuse is statistically at epidemic proportions among the elderly, it remains for the most part unreported, undiagnosed, or ignored. Drinking at an older age can have negative effects for seniors - it can exacerbate some medical conditions, reduce the ability to function, increase the risk of falling, and negatively interact with medication. The National Council on Alcoholism and Drug Dependence founded and sponsors Alcohol Awareness Month to bring information to the American public about alcohol and alcoholism as a chronic, progressive disease, fatal if untreated, and genetically predisposed. Check with the Health and Wellness Program for more information.

Welcome, Larisa!

We have a new RN in the Health & Wellness Program, Larisa Polozova. Larisa has a background in home health nursing, has been a nursing instructor, and has worked in medical research. We are happy to have her join the team - please help us make her feel welcome!

Making Your Wishes Known

April 12 Course #44370

Thinking and talking about the end of our life may be the hardest thing you'll ever do. Planning can make the experience easier for you and those who love you. We'll discuss making choices and cover the several forms of Advanced Health Care Directives. *Instructor: Mallory von Kugelgen, RN, PHN*

Free Hearing Testing!

Tuesday, April 24 - 9am - 10:40am Course #46010

San Jose State University Speech and Language Pathology students and a supervising licensed audiologist return to offer hearing screening and information. This free service is by appointment only and spaces are limited. Please see the front desk to register. See the Health & Wellness office for more information. Check in for the day of testing will be upstairs in the Health & Wellness seating area.

Transitions Support Group

Mondays 1pm - 2:30pm - Room 205 Course #46008

A special 5-week session of our Transitions support group will begin on Monday, April 16. Learn to access personal resources to strengthen and enrich your life as you learn a "new normal" after experiencing change. . Facilitated by supervised, pre-licensed

therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free but space is limited and registration is required.

Blood Pressure Clinic

Thursdays 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd and Last Thursday of each month

10:30 a.m.–12:00 p.m.

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

A Few Good Men

Fridays • 12:30–2:00 p.m.

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health.

Walk 'n' Talk

Wednesdays • 10:00–11:00 a.m.

Burn some calories and meet new friends on a self-paced walk around the block (3 laps = 1.2m). We leave the lobby at 10:00 a.m., walk, then join up again on the patio for some friendly conversation (or multi-purpose room if it's too hot). There is no fee; all are welcome.

Expressive Arts Support Group

Saturdays until May 12, 9:30am - 11:00am, Room 149 (Ceramics) Course #45974

Have you ever wanted to record your life story to share with family and friends? Are you interested in getting your hands covered with paint, glue and glitter? Would you like to re-awaken your inner child? If so, come join us and create an autobiographical narrative of your life's journey using expressive arts, music and movement. In addition, you will also get to process your experience in a safe therapeutic space, with supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Sessions are on Saturday mornings for 8 weeks. Participation is free but registration is required.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform (www.santaclaraca.gov).

Dining Out

Served Monday-Friday • 11:30 a.m. • \$2.50 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced, hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads,

and sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center


The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Your interests may include basketry, crochet, embroidery, calligraphy, knitting, drawing, origami, quilting or scrapbooking. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Enjoy seeing what others are creating and share tips and ideas! Crafters are expected to bring their own materials, and to clean up after themselves. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Game On!













Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying “on top your game”. Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:30 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed,	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta	Tue Sat	12:00-4:00 p.m. 9:00-11:30 a.m.	Rm 232 • Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Rm 232	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:30 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

MONDAY		TUESDAY		WEDNESDAY	
2		3		4	
Computer Lab/ Billiard Room	7-4:30	Computer Lab	Closed	Computer Lab Closed	8:30-11:30
Snack Bar	8-4	Billiard Room	7-4:30	Computer Lab/Billiard Room	7-4:30
Cards-Poker	8-10:30	Snack Bar	8-4	Snack Bar	8-4
Bridge-Intermediate	12:30-3	Wood Shop	8-12	Cards-Poker	8-10:30
Games. Games, Games	1-3	Cards-Poker	8-10:30	Bridge	9:00-11:30
		Bridge/Pinochle/Canasta	12-3	Walk 'n' Talk	10:00
		Bingo	12:15-2:15	Bridge-Intermediate	12:30-3
		TGA Tuesday Dance		Games, Games, Games	1-3
		10th Avenue Band 7:30-10:30pm			
9		10		11	
CENTER CLOSED		Computer Lab	Closed	Computer Lab Closed	8:30-11:30
CITY FURLOUGH DAY		Billiard Room	7-4:30	Computer Lab/Billiard Room	7-4:30
OPEN FOR		Snack Bar	8-4	Snack Bar	8-4
DINING OUT ONLY		Wood Shop	8-12	Cards-Poker	8-10:30
10:00 – 12:30		Cards-Poker	8-10:30	Bridge	9-11:30
		Bridge/Pinochle/Canasta	12-3	Walk 'n' Talk	10:00
		Bingo	12:15-2:15	Bridge-Intermediate	12:30-3
		TGA Tuesday Dance		Games, Games, Games	1-3
		Nob Hill Sounds, Theme "Easter Parade"			
		Buttons and Bows! 7:30-10:30pm			
16		17		18	
Computer Lab/ Billiard Room	7-4:30	Computer Lab	Closed	ADVENTURES TO GO:	
Snack Bar	8-4	Billiard Room	7-4:30	ARF & LINDSAY WILDLIFE MUSEUM 9:00	
Cards-Poker	8-10:30	Snack Bar	8-4	Computer Lab Closed	8:30-11:30
Bridge-Intermediate	12:30-3	Wood Shop	8-12	Computer Lab/Billiard Room	7-4:30
Games. Games, Games	1-3	Cards-Poker	8-10:30	Snack Bar	8-4
		Bridge/Pinochle/Canasta	12-3	Cards-Poker	8-10:30
		Bingo	12:15-2:15	Bridge	9-11:30
		TGA Tuesday Dance		Walk 'n' Talk	10:00
		Ted's Musikmakers 7:30-10:30pm		Bridge-Intermediate	12:30-3
				Games, Games, Games	1-3
23		24		25	
Computer Lab/Billiard Room	7-4:30	Computer Lab	Closed	Let's Talk Travel!	
Snack Bar	8-4	Billiard Room	7-4:30	12:30	
Cards-Poker	8-10:30	Snack Bar	8-4	Computer Lab Closed	8:30-11:30
Bridge-Intermediate	12:30-3	Wood Shop	8-12	Computer Lab/Billiard Room	7-4:30
Games, Games, Games	1-3	Cards-Poker	8-10:30	Snack Bar	8-4
		Bridge/Pinochle/Canasta	12-3	Cards-Poker	8-10:30
		Bingo	12:15-2:15	Bridge	9-11:30
		TGA Tuesday Dance		Walk 'n' Talk	10:00
		The Casuals 7:30-10:30pm		Bridge-Intermediate	12:30-3
				Games, Games, Games	1-3
30		April 2012			
Computer Lab/Billiard Room	7-4:30				
Snack Bar	8-4				
Cards-Poker	8-10:30				
Games, Games, Games	1-3				

THURSDAY	FRIDAY	SATURDAY
<div>5</div> <p>Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY, DJ 7:30-10:30pm</p>	<div>6</div> <p>CENTER CLOSED SPRING DAY</p>	<div>7</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>12</div> <p>ADVENTURES TO GO: DAY AT PIER 39 9:00 Clutter Masters 10:30-12 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance CASUALS 7:30-10:30pm</p>	<div>13</div> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15 Bridge-Intermediate 12:30-3</p>	<div>14</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>19</div> <p>Welcome Newcomers! 10:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance 10th AVENUE BAND 7:30-10:30pm</p>	<div>20</div> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15 Bridge-Intermediate 12:30-3</p>	<div>21</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>26</div> <p>ADVENTURES:: GOLDEN GATE FIELDS 10:00 Clutter Masters 10:30-12:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm</p>	<div>27</div> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15 Bridge-Intermediate 12:30-3</p>	<div>28</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
		

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/2 Rotisserie Style Chicken Rotini Noodles Capri Blend Vegetables Red & Green Slaw Orange Chocolate Pudding	4/3  Roast Pork w/Gravy Scalloped Potatoes Broccoli & Cauliflower Fortified Juice, Apple Pie	4/4 Roast Turkey w/Cranberry Sauce Candied Yams French Cut Green Beans Pineapple Mandarin Ambrosia	4/5 Meatloaf w/Gravy Rye Bread Whipped Potatoes w/Gravy Spinach Fresh Fruit in Season	4/6 HOLIDAY NO MEAL
Week of 4/2-4/6: Chef Salad or Vegetarian Cottage Cheese Salad or Ham Sandwich or Vegetarian Patty Burger 				
4/9 Spaghetti w/Meatballs Garlic Bread Spinach Romaine Iceberg Salad Chilled Pears	4/10 Honey Mustard Chicken Broccoli Cuts Carrot Raisin Salad Fresh Fruit in Season Oatmeal Cookie	4/11  Baked Ham w/Fruit Glaze Rye Bread Oven Baked Red Potatoes Normandy Blend Vegetables Banana Peach Crisp	4/12 California Seafood Salad Minestrone Soup Mixed Greens & Tomato Confetti Bean Salad Orange Chef Surprise Dessert	4/13  Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Mixed Fruit Crisp
Week of 4/9-4/13: Santa Fe Chicken Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty 				
4/16 Veal w/Scaloppini Sauce Rotini Noodles Calif. Blend Vegetables Whole Kernel Corn Pears	4/17 Roast Turkey w/Gravy Oven Baked Red Potatoes Mixed Vegetables Fresh Orange	4/18  Stuffed Green Peppers Tuscan Bean Soup w/Ham Italian Blend Cuts Romaine Tossed Salad Chilled Peaches Chocolate Cookie	4/19 Oven Baked Chicken Brown Rice Mixed Bean Medley Pineapple Slaw Fresh Banana	4/20  Baked Beef Rigatoni Garlic Bread Spinach Garden Vegetable Salad Fresh Fruit in Season Banana Pudding
Week of 4/16-4/20: Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Ham Sandwich or Vegetarian Patty Burger. 				
4/23 Roast Pork w/Applesauce Bread Dressing Red Cabbage & Apples Green Beans Pineapple Tidbits	4/24  Baked Fish w/Tartar Sauce Beef Barley Soup Oven Baked Red Potatoes Carrots & Corn Fortified Juice Snicker Doodle Cookie	4/25 Beef Mushroom Patty w/Gravy Whipped Potatoes w/Gravy Cabbage & Carrots Fresh Orange	4/26 Stuffed Cabbage Roll Capri Blend Vegetables Rom Iceberg Salad Fresh Fruit in Season	4/27 Italian Herb Chicken Seasoned Brown Rice Brussel Sprouts Cucumber/Tomato/Onion Salad Fresh Fruit in Season Ice Cream
Week of 4/23-4/27: Chef Salad or Vegetarian Bean Salad or una Salad Sandwich or Vegetarian Patty Burger. 				
4/30 Hot Roast Beef Sandwich w/Gravy Whipped Potatoes w/Gravy California Blend Vegetables Fresh Fruit in Season				 = Higher in sodium
Week of 4/30: Greek Chicken Salad or Vegetarian or Cottage Cheese Salad Or Turkey Sandwich or Vegetarian Patty Burger. 				

ALWAYS HAPPENING

Lunch Meet

Third Thursday of Each Month • 12:30–1:30 pm
Senior Center Conference Room (Room 205)

Join us as for our April Lunch Meet Program on Thursday April 19, 2012 as we learn more about the history of the City of Santa Clara. Learn why a Texas Ranger is buried in a Santa Clara cemetery. Mary Hanel, Local History Librarian, will discuss the best books from which to learn about the city's history and fill us in on her personal favorite book about Santa Clara. Feel free to share your own favorite book titles after the presentation. All are welcome to attend this free program. There is no registration required.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

Lapidary

Thursdays and Fridays • 9:00 a.m.–1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. Donations Accepted (*Donations accepted are used to replenish consumable lapidary supplies*).

Woodshop

Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. Donations Accepted (*Donations accepted are used to replenish consumable woodshop supplies*).

Woodshop Orientation

April 25 • 9:30–11:30 a.m. • \$10

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

Welcome Newcomers

3rd Thursday of each month
10:30–11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings:

4th Monday of each month-10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Volunteer Corner

Our volunteers are the best! Santa Clara Senior Center Staff thank all our volunteers who share their skills, talent, and time so generously. We couldn't do it without you.

Volunteer Recognition Event

Wednesday, April 11, 2012 - 5:00 to 7:00 pm.

Register no later than April 5

Contact Susan Bates with questions (SBates@SantaClaraCA.gov or 408/615-3181)

Billiards Tournaments

The tournaments will take place in the Billiards Room (#233). Prizes will be offered for the 1st place, 2nd place, and 3rd place winners. There will be a \$5 registration fee and \$3 resident discount. Participants will register at the Front Desk. Staff will create the player brackets.

The Billiards Tournaments will take place on:

- April 18th Wednesday at 1:30pm

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open

Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Our Noodle Bowl is Full!

Thank you to the seniors that have donated pool noodles to the senior center. We currently have an over abundance of noodles. Thank you for thinking of us, but no future donations are needed.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m. • Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...Carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, *Adventures to Go*, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly *Adventures to Go* newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclaraca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

Day/Overnight Trips

Day at Pier 39, April 12
Arf & Lindsay's Wildlife, April 18
Golden Gate Fields, April 26
Yosemite Getaway, April 29-May 1
SFO Aviation, Basque & See's, May 10
SF Giants vs. St. Louis Cardinals, May 17
Follow the Seagull, May 24
Black Oak Casino, May 30
The Cult of Beauty, June 7
Salinas Ag-Venture, June 14
Solvang Getaway, June 19-21

New Trips

New trips were released at Let's Talk Travel on March 28 and Santa Clara Resident Registration began at that time. Non-resident Registration began on the following Monday. See the April 2012 issue of the *Adventures To Go* Newsletter for detailed trip information. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center.

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

ARF & Lindsay Wildlife Museum

No. 45879 • Wednesday, April 18 • \$98 per person

Activity level: MEDIUM – approx. 1 hour drive; periods of walking, standing, and sitting.

In May of 1990, during a baseball game between the Oakland A's and the New York Yankees, a stray cat wandered onto the playing field. Terrified by the roar of the crowd, the frightened feline dashed about, eluding umpires and players. Tony La Russa, then the manager of the A's, coaxed the cat into the dugout, secured its safety for the remainder of the game, then took responsibility for placing it with a local shelter. To his dismay, Tony discovered there was not a single No-Kill facility in the East Bay. When Tony learned the cat would be euthanized, he and his wife, Elaine, named her "Evie" and found a home for her. His experience with this cat was the genesis for

the founding of ARF, a No-Kill organization dedicated to bringing people and animals together to enrich each other's lives. A docent led tour of this 37,000 foot state of the art facility will include the learning center, hospital and kennels. We'll stop for a hosted lunch at McCovey's Restaurant, always a favorite! Entrée choices include Pulled Pork Sandwich, Cheeseburger, or Walnut, Pear & Bleu Cheese Salad. Meal includes choice of non-alcoholic beverage and fresh baked brownie for dessert. After lunch we'll connect with wildlife and learn about the animals found in our backyards and open spaces at Lindsay Wildlife Museum. You can have close encounters with many live, non-releasable wild animals such as an eagle, hawk, fox, snake or coyote. An on-site wildlife hospital treats more than 6,000 native California animals every year. The museum also features changing art and natural history exhibits. **Bus leaves promptly at 9:00 AM and returns at approximately 5:00 PM.**

Let's Talk Travel!

April 25 • 12:30 p.m.

Join us and Let's Talk Travel! We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following Let's Talk Travel. Call (408) 615-3170 for more information.

ADVENTURES TO GO

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Yosemite Getaway

No. 44700 • Sunday, April 29 – Tuesday, May 1

Per person: \$710 double occupancy • \$975 single occupancy

Activity level: MEDIUM – approx. 4 1/2 hour drive to Yosemite with a stop along the way.

Join us for a 3-day getaway to Yosemite National Park, California's National Treasure. You will be surrounded by nature at its best: a grand collection of waterfalls, beautiful meadows, and forests that include groves of Giant Sequoias. Price includes round-trip transportation on a deluxe Royal Coach motor coach, baggage handling, gratuities, a two-night stay at the Yosemite Lodge near Yosemite Falls, lunch at the Wawona Hotel, a Yosemite Valley Floor Tour, dinner at the Ahwahnee Hotel, and two breakfasts. Due to the strict reservation/cancellation policy at Yosemite Lodge, the full amount for the trip is due at time of registration. ***Bus leaves promptly at 8:00 AM on Sunday and returns at approximately 6:00 PM on Tuesday.***

SFO Aviation, Basque, & See's

No. 45880 • Thursday, May 10 • \$82 per person

Activity level: MEDIUM – approx. 1 hour drive; periods of walking, standing, and sitting.

The San Francisco Airport Commission Aviation Library and Louis A. Turpen Aviation Museum provides unique opportunities for learning about the development of commercial aviation and the role it plays in our everyday lives. Located in the International Terminal, it is an architectural adaptation of the Airport's 1930s passenger lobby. The collection focuses on air transport with an emphasis on the West Coast and the Pacific region. Our visit will include a docent led tour of the exhibits, ride aboard the air tram, as well as a canine security demonstration. We will be going to Basque Cultural Center for a hosted "Family Style" lunch that includes soup, salad, two entrees, ice cream, and coffee or tea. On our return home we'll visit the See's Candy outlet offering all the See's seasonal favorites at outlet prices! ***Bus leaves promptly at 9:00 AM and returns at approximately 4:45 PM.***

The Cult of Beauty

No. 45987 • Thursday, June 7 • \$59 per person

Activity level: MEDIUM – approx. 1 hour drive; periods of walking, standing, and sitting.

This exhibit at the Legion of Honor will include pieces from The Victorian Avant-Garde period, 1860-1900. How fitting that this show's only US venue is San Francisco, the land of Victorians. This exhibition celebrates the Victorian Aesthetic Movement whose motto of "art for art's sake" is realized through dazzling examples of paintings, decorative arts, furniture, textiles, and jewelry created by masters such as Dante Gabriel Rossetti, James McNeill Whistler and Edward

Burnes-Jones, and designers E.W. Godwin, William Morris, and Christopher Dresser. In the afternoon we'll have free time in Golden Gate Park. Your admission for The Cult of Beauty will also be accepted at the deYoung Museum, where you can purchase lunch or see the exhibit, The Fashion World of Jean Paul Gaultier, for an additional fee. ***Bus leaves promptly at 9:00 AM and returns at approximately 5:30 PM.***

Salinas Ag-Venture

No. 45988 • Thursday, June 14 • \$105 per person

Activity level: HIGH – approx. 1 hour drive; long periods of standing with walking on uneven ground. Wear comfortable walking shoes, dress in layers for cool and warm weather.

During the summer months, Monterey County vegetable production includes artichokes, broccoli, greenhouse nurseries (ornamental flowers, vegetable transplants), lettuce, cauliflower, spinach, wine grapes, asparagus, kale, green onions, leek and many other crops. This full day tour will include an expert guide who will discuss and answer questions about Monterey County's agriculture industry, otherwise known as the "Salad Bowl of the World." Our day will include a visit to Pezzini Farms, Paraiso Winery for a vineyard walk, wine tasting, and a hosted barbecue lunch. At "The Farm" we will enjoy a wagon ride and receive one bag of farm fresh produce to take home. ***Bus leaves promptly at 9:00 AM and returns at approximately 5:00 PM.***

Solvang Getaway

No. 45989 • Tuesday, June 19 – Thursday, June 21

Per person: \$500 double occupancy and \$640 single occupancy. Half the fee due at time of registration with balance due April 27.

Activity level: MEDIUM – approx. 3 1/2 hour drive to first destination with a short stop along the way. A detailed itinerary will be mailed to travelers prior to the trip.

We'll get away on a Royal Coach Tours motor coach and enjoy two-night luxury accommodations at the lavish boutique Hotel Corque located in the heart of the quaint Danish village of Solvang. Offering the best in comfort, luxury, and relaxation, the hotel is located within easy walking distance to the local shops, restaurants, wine tasting bars, and bakeries, and offers a continuous 24-hour shuttle service to and from the fabulous Chumash Casino. Trip highlights include a guided tour of Solvang and the Old Mission Santa Ines, a \$25 Free Play voucher at Chumash Casino, and visits to Quicksilver Miniature Horse Ranch and Osterichland. There will be free evening in Solvang to enjoy the Street Faire and free time in Pismo Beach and San Luis Obispo. Hosted meals include a welcome banquet dinner on the night of arrival and a lunch at Anderson's Pea Soup. ***Bus leaves promptly at 8:00 AM on Tuesday and returns at approximately 7:00 PM on Thursday.***